

DATE: September 5, 2014

TO: Health Care Providers

FROM: Sarah Renner, MPH, MBA
Director, Indiana WIC Program

SUBJECT: Milk Changes to the Indiana WIC Program Food Packages

The United States Department of Agriculture (USDA) has revised the Women, Infants, and Children (WIC) food packages to better reflect current nutrition science and dietary recommendations within the parameters of program resources. To strengthen consistency with the Dietary Guidelines for Americans, **the standard issuance of milk for children over two years of age and women will include nonfat (skim) and low-fat (1%, ½%) milks.** Children less than 2 years of age will continue to receive whole milk. The Indiana WIC Program is moving forward with these changes set forth by the USDA beginning **Wednesday, October 1st, 2014.**

The WIC competent professional authority (CPA), in consultation with a health care provider if necessary, is now authorized to determine the need for milk substitutes for children and women. A medical prescription is no longer required for children to receive soy milk. However, the following is a small list of circumstances when physician prescription is still mandatory for milk substitutes due to the importance of dietary management for the nature of certain health conditions.

- Women and children 2 years of age and older with a qualifying condition may be issued 2% or whole milk instead of nonfat or low-fat milk with a Medical Documentation form submitted by a physician.
- Children less than 2 years of age with a qualifying condition may be prescribed reduced or low-fat milk instead of receiving whole milk with a Medical Documentation form submitted by a physician.
- A child 1 year of age or older with a qualifying condition may receive soy milk with a Medical Documentation form submitted by a physician.

The revised Medical Documentation forms required for participants to receive a milk substitute are attached. These forms reflect the new food package changes including the addition of a 2% milk option for women and children 2 years of age and older and 2%, 1% or skim milk options for children less than 2 years of age.

Thank you for your continued support of the Indiana WIC Program. Together we continue to improve the nutrition and health of the nation's low-income pregnant women, new mothers, infants and young children by improving access to nutritious food and promoting healthy behaviors for life.

If you have any questions or need further information, please contact your local WIC clinic to assist you.